

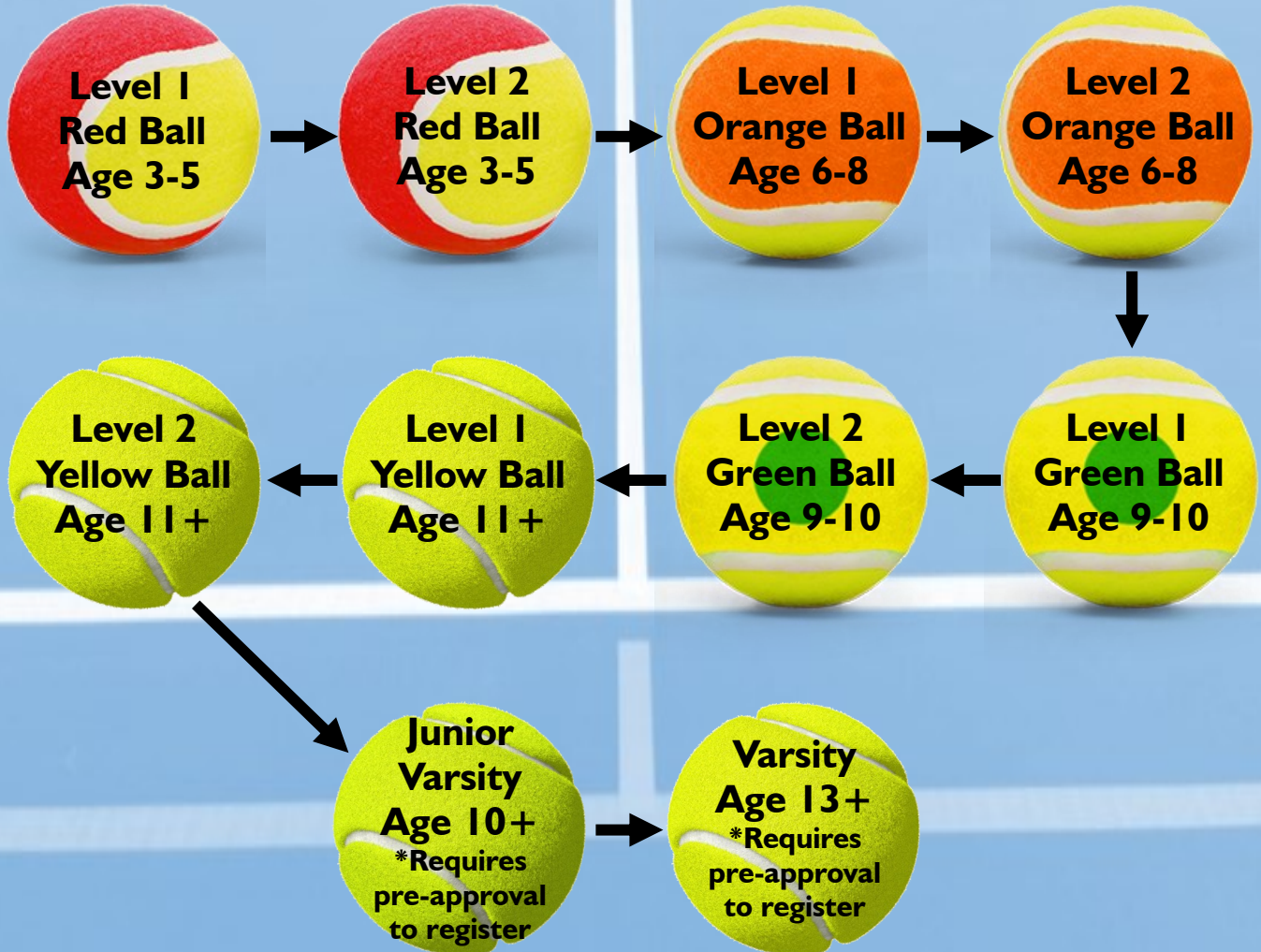


DEER LAKE

ATHLETIC CLUB



JUNIOR TENNIS PROGRESSION



COMPETENCE

Technical, tactical and performance skills.



CONFIDENCE

Self-belief, resilience, mental fortitude and a sense of positive self-worth.



CHARACTER

Respect for the sport and others, integrity, self-discipline and ethical and moral well-being.



CONNECTION

Interpersonal skills and the ability to build and sustain meaningful and positive relationships.



CREATIVITY

Provides a unique and imaginative environment that encourages problem-solving and promoted individuality and self-reliance.

DLAC JUNIOR TENNIS CLASS DESCRIPTIONS



Level 1 Red Ball:

This class is for our newest tennis stars! Class will develop basic coordination, ball recognition and beginning forehand/backhand/volley



Level 2 Red Ball:

This class will advance on Level 1 skills, plus introduce the serve.



Level 1 Orange Ball:

This class will progress on the forehand/backhand/volley strokes, focus and coordination, promote



Level 2 Orange Ball:

This class will advance on Level 1 skills, plus proper scorekeeping and match play with lower compression



Level 1 Green Ball:

This class will progress on the forehand/backhand strokes, volleys, serving, and progressive rallies using lower compression Green Balls.



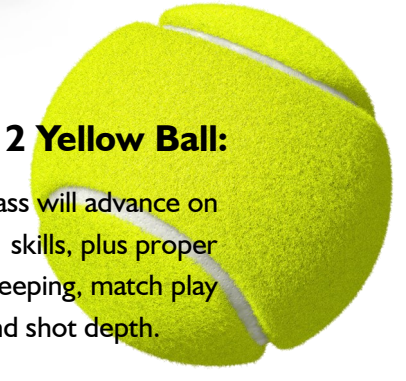
Level 2 Green Ball:

This class will advance on Level 1 skills, backhand volleys, first and second serve, plus proper scorekeeping and match play with lower compression Green Balls.



Level 1 Yellow Ball:

This class will progress on the forehand/backhand strokes, both forehand and backhand volley, first and second serve, rallies and ball control.



Level 2 Yellow Ball:

This class will advance on Level 1 skills, plus proper scorekeeping, match play and shot depth.

Intro to Tennis — High School:

This class is for high school age players new to the game. Groundstrokes, volleys, net play, serving and skills required to play high school tennis will be the focus of the class.

A tennis ball with a red upper half and a yellow lower half, separated by a white band.

Level 1
Red Ball:

This class is for our newest tennis stars! Class will develop basic coordination, ball recognition and beginning forehand/backhand/volley strokes.

A tennis ball with a red upper half and a yellow lower half, separated by a white band.

Level 2
Red Ball:

This class will advance on Level 1 skills, plus introduce the serve.

A tennis ball with an orange upper half and a yellow lower half, separated by a white band.

Level 1
Orange Ball:

This class will progress on the forehand/backhand/volley strokes, focus and coordination, promote proper serve and introduce rallies using lower compression Orange Balls.

A tennis ball with an orange upper half and a yellow lower half, separated by a white band.

Level 2
Orange Ball:

This class will advance on Level 1 skills, plus proper scorekeeping and match play with lower compression Orange Balls.



Level 1

Green Ball:

This class will progress on the forehand/backhand strokes, volleys, serving, and progressive rallies using lower compression Green Balls.



Level 2

Green Ball:

This class will advance on Level 1 skills, backhand volleys, first and second serve, plus proper scorekeeping and match play with lower compression Green Balls.



Level 1

Yellow Ball:

This class will progress on the forehand/backhand strokes, both forehand and backhand volley, first and second serve, rallies and ball control.



Level 2

Yellow Ball:

This class will advance on Level 1 skills, plus proper scorekeeping, match play and shot depth.

Intro to Tennis — High School:

This class is for high school age players new to the game. Groundstrokes, volleys, net play, serving and skills required to play high school tennis will be the focus of the class.